WEIGHT MANAGEMENT

Today:
- 36% Are overweight
- 31%
- 45% Trying to lose weight

18 Years Ago:
- 27% Describe themselves as overweight
- 35%
- 47%

NUTRITION

Today:
- 26% Drink at least one soda a day
- 54%
- 60% Carrots
- 23%

18 Years Ago:
- 46% Ate fruit or drank 100% fruit juice
- 33%
- 53%
- 15%

DIDN’T EAT THEIR VEGETABLES

Today:
- 43% Green salad
- 30%
- 23%

18 Years Ago:
- 30%
- 43%
- 60%

PHYSICAL ACTIVITY

Today:
- Watched TV 3 or more hours a day
- 24%
- Played on school or community team
- 44%
- Played video/computer games more than 3 hours
- 41%

18 Years Ago:
- 52% Physically active at least an hour five days a week
- 32%
- About 50%
- 28% 10 years ago
- About 50%

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